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the SPECTRUM

Wednesday, February 22, 2012

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Isay brings tears with tales from StoryCorps

RoseMaria Hatch
Staff Reporter

WSHU Public Radio Group at Sacred Heart University hosted the "Join the Conversation" event at the Edgerton Center for the Performing Arts on Thursday, Feb. 16. The keynote speaker was Dave Isay, founder of StoryCorps.

StoryCorps is an oral history project that Isay started eight years ago. The project's collaborators have collected over 40,000 interviews from various people in all 50 states and in 100 cities across the U.S. Participants enter a mobile radio booth, alone or with someone else, to tell their story. These stories can range from memories of first dates and friendships to perspectives on historic events.

Isay began the conversation by entertaining the audience with the many stories he has heard through interviews across the country. The stories that he shared were excerpts from his new book, "All There Is." The stories were about love found, lost, and found at last, invoking strong emotional reactions from some of the listeners ranging from laughter to tears.

"I liked the entire event," said Sue Buchter, a teacher at Bullard Havens Technical High School. "You come away with a sense of the past that people have left. I only wish that it had been longer."

Many of those in attendance were moved to tears by the stories. Spectators appreciated the sincerity of the storytellers.

"I laughed and cried," said Molly James, a high school student. "I really liked the interview with the father and daughter, during which the father remembered his wife. When he said, 'I lost my sweetheart but I love her still,' it moved me."

Isay was not surprised by the emotions the stories elicited.

"I am a firm believer that Kleenex should be a sponsor for StoryCorps," he said. "I've gotten e-mails about people being moved to tears."

See STORYCORPS on page 3...

Smoke-free policy has not ended practice

Jessica Luby
Staff Reporter

On Jan. 1, Sacred Heart University installed a smoke-free policy in order to ensure a healthier environment and to reduce the amount of litter on campus.

Members of the Sacred Heart community have noticed that there are people who have not been abiding by the new campus rules.

Administrators are aware of these violations.

"One of my concerns is that there needs to be additional signage," said Larry Wielk, dean of students. "We've talked about this administratively."

Senior Jennifer Allinson objects to the manner in which people smoke on campus.

"I don't mind people smoking, since a good number of my friends do," she said. "However, my friends have the courtesy to not blow smoke in my face. Not everyone is that respectful."

Visitors may sometimes be unaware of the smoke-free policy. Therefore, Wielk proposes more signs and additional information, indicating where people are allowed to smoke and where they are not, in order to ensure that the policy has as much impact as possible.

See SMOKING on page 2...



The Spectrum/Sean Elliott

Jeff LeBlanc, a Sacred Heart graduate, during his performance at the Edgerton Center.

LeBlanc performs at SHU

Jeff Daley
Staff Reporter

Sacred Heart University alumnus Jeff LeBlanc isn't using his Masters in teaching in the traditional way.

The singer and songwriter never expected to be playing his music on a tour to about 75 colleges throughout the east coast of the United States.

He also never thought that he would hear his own music coming through the speakers of his car on the radio.

"It's crazy. Four years ago I was eating quesadillas at Roncalli at 2 a.m. and now I play music for a living. My parents are thrilled," said LeBlanc sarcastically.

LeBlanc didn't want to come back to his alma mater and just sing. He wanted to share advice with current students.

Before his concert on Wednesday night, LeBlanc led a Q&A in a "Business of Music" course, a course that he took while he was a student.

"Whatever you want to do, literally focus and devote your energy to that," he said. "You can make it happen."

He also provided advice for students about the logistics of being in the industry.

"I am kind of my own team -- management, agent, record label, and songwriter," he said. "My advice to other young musicians would be to hold on as long as you can. The fewer people taking a piece of the pie, the better."

Of course, many students wanted to know

how LeBlanc felt about being a guest performer at the university that he once attended.

"It's definitely going to be fun. I'm excited to be back," he said.

However, he wasn't afraid to admit that he had some nerves.

"I'm being realistic, because there are about 750 seats in there. What are we going to get? It's tough because people don't really want to come to shows where they don't really know the artist, but I'm psyched and hope a lot of people come out," he said.

The crowd on Wednesday night turned out to be a small, intimate one, but it didn't prevent him from making sure the night was energetic and fun.

"We're small but mighty, so if you could give me some 'woo's maybe it will sound like we're in the Pitt Center," said LeBlanc while he was on stage at the Edgerton Center.

LeBlanc went on to play his next song, "Happier," which has been played on Sirius XM's "Coffee House," and also used in the MTV reality show, "The Real World: San Diego."

Next, LeBlanc performed a cover of Howie Day's "Ghost," using his guitar and about a dozen pedals. He ended the song with DJ-like effects.

LeBlanc started to engage with the small crowd and did hilarious impressions of several big name artists such as Dave Matthews, Lifehouse, and Ingrid Michaelson.

LeBlanc closed with his lead single "Until We Get It Right," which he co-wrote with his close friend Joe Beleznyay.

Some still lighting up on 'smoke-free' campus

...CONTINUED from page 1.

One issue that smokers tend to have with the policy is that there are sometimes no convenient places for them to smoke.

"I was talking to one of the bus drivers about the policy a few days ago," said junior Michael McCain. "He was upset because by the time he walks over to the designated area, he hardly has enough time to smoke even half of a cigarette before his break is over."

Wielk has heard this complaint and empathizes with it. But he still feels that the policy is worthwhile.

"I understand this problem," he said. "But it still comes down to what is the healthier choice for the university. If you choose to continue smoking, that's fine. But if we are even going to allow smoking on campus, I think that we reserve the right to

say, 'This is where we are going to designate the area where you can do it.'"

Temporarily, members of the administration, Residential Life, and Public Safety are giving verbal warnings to smoke-free policy breakers. However, when more signs are up and the policy is more familiar, there will be more penalties for violations.

"There will ultimately be fines," said Wielk. "Public Safety will begin monitoring it on a ticket-based level, but first we need to make sure that all the pieces are in place."

As of now, the policy is still in an early phase. Improvements are being made, but it has already made a noticeable impact.

"When I'm walking to class, I can hardly see any cigarette butts lining the sidewalk," said Allison. "It's so refreshing, and nice to see our campus so clean."



The Spectrum/Lindsay Caiati

Smokers are upset that the designated smoking areas are so far away from the campus buildings.

Calendar of Events

Wednesday, February 22 - 10 p.m.

Kappa Sigma and OPK Freestyle Event

Outpost Pub

Thursday, February 23 - 7 p.m.

Presidential Rankings Presentation

Schine Auditorium

Friday, February 24 - 8 a.m. - 6:30 p.m.

Student Nurses Blood Drive

UC Auditorium

Saturday, February 25 - 12 p.m.

Men's Basketball vs. Saint Francis (PA)

Pitt Center

Sunday, February 26 - 11 a.m.

Siblings Weekend Mass

Chapel of the Holy Spirit

Open Your Heart

Hoops with Heart Athlete Auction to Benefit Lisa Moray Foundation

Erin Burke

Contributing Writer

In the summer of 2008 the Sacred Heart University athletic community suffered a heartbreaking loss. Four-year member of the women's basketball team, Lisa Moray, lost her life in a car accident.

Lisa was an incredibly important member of the women's basketball team during her four years here at Sacred Heart. Not only was she a member of the 2006 NEC Championship Team, but she helped lead the Pioneers to a record 26 season wins. She was also responsible for taking Sacred Heart to their first ever NCAA tournament and set a record at for a Pioneer by hitting 69 three-pointers in a season.

Sacred Heart instantly found ways to honor her passion, commitment and over all positive influence on the university. Her number was retired for the school, her teammates wear an '11' on their jerseys to remember her presence and several presentations were made in her honor.

However the biggest dedication that the university has made for her is the development of the Lisa Moray Foundation.

Lisa was an incredibly important member of the women's basketball team during her four years here at Sacred Heart.

Started in January of 2009, a fund was established by her friends, family and teammates, to remember her spirit and her legacy she left at Sacred Heart. The fund was developed to help female athletes who demonstrate many of the qualities that Lisa embodied herself; commitment to sportsmanship and teamwork as well as showing exceptional academic potential and being in need of financial assistance.

Since its development there have been multiple fundraising opportunities. Bumper stickers have been sold at different basketball games and all proceeds 50/50 raffles at the sporting events go to the fund as well.

However the biggest fund raising event is the Athlete Auction.

Yes, you read that right, every spring for the past three years, one to two members of every varsity athletic team on campus is volunteered to be auctioned off to the rest of the Sacred Heart Community.

In addition to an all around hilarious night of comedic bios, theme songs and cat walks, the winning bidders earn a dinner with their athlete at Vazzy's. Not to mention all of the proceeds go straight into the Lisa Moray Foundation.

In the past the night has included special guest appearances by Big Red, routines with hockey sticks and lacrosse sticks, amazing costumes, crazy dance moves and every year without fail, there is a special athlete who provokes a bidding war that has reached up to a record breaking \$250!

Although this years time and date has not been made public, as soon as it does make sure that you clear your schedule for that evening. It is definitely something that you DO NOT want to miss, especially when the proceeds go to such a deserving and worthwhile cause.

College republicans react to competitive primary elections

Kerry Browne
Staff Reporter

The race for the 2012 Republican presidential nomination has involved many lead changes, and has not produced a clear front-runner.

"Without a doubt, this is one of the most unique Republican nominations that we have experienced in modern times," said Dr. Gary Rose, chair of Sacred Heart University's political science department.

The race is unique due to the state of the Republican Party and the format of the Republican nomination process this year.

"What is really interesting about the candidates is how each of them reflects a component or faction of the Republican Party," said Rose, who also teaches a Presidential Elections class at Sacred Heart.

Mitt Romney has been called the establishment or business-wing candidate, Rick Santorum is the social conservative candidate, Ron Paul is the libertarian candidate, and Newt Gingrich represents elements of the Tea Party.

The format of the primaries is the other driving force behind the race.

"It's unique in that it's the first time that the Republicans have adopted a proportional rule, instead of winner-take-all," said Rose.

Proportional rules distribute delegates to candidates based on the percentage of votes that they win, rather than giving all of a state's delegates to the victorious candidate. However, this is not the only fundamental change that has been made.

"In addition to proportionality is the 'back-loaded calendar,' and that has also made it different," said Rose.

He explained that back-loading is concerned with the scheduling of primaries and caucuses. This year, the delegates will be chosen later in the nomination cycle.

Rose explained that the back-loading was done for the purpose of increased media exposure. Both proportionality and back-loading have had the effect of creating a more competitive field.

"It's a process that has obviously resulted in more competition, as opposed to one candidate jumping out in front early and locking it up," he said.

However, this competition has frustrated Republican students at the university.

"It's almost more competitive because all of the candidates appear fairly weak," said junior Alan Fiano.

Many students present at a recent College Republicans meeting were annoyed with the selection of candidates. When asked, no one expressed enthusiasm over any one candidate.

One member, sophomore Kelly Deaprix, agreed that the lack of enthusiasm is rooted in the more competitive nomination process.

"The way that the candidates are attacking each other makes them look worse," she said.

Freshman Josh Murphy believes that none of the candidates have established themselves as trustworthy.

"There is a trust deficit," Murphy said.

Political awareness is a major concern for both Rose and College Republicans. Members at the meeting voiced opinions that many Sacred Heart students are uninformed.

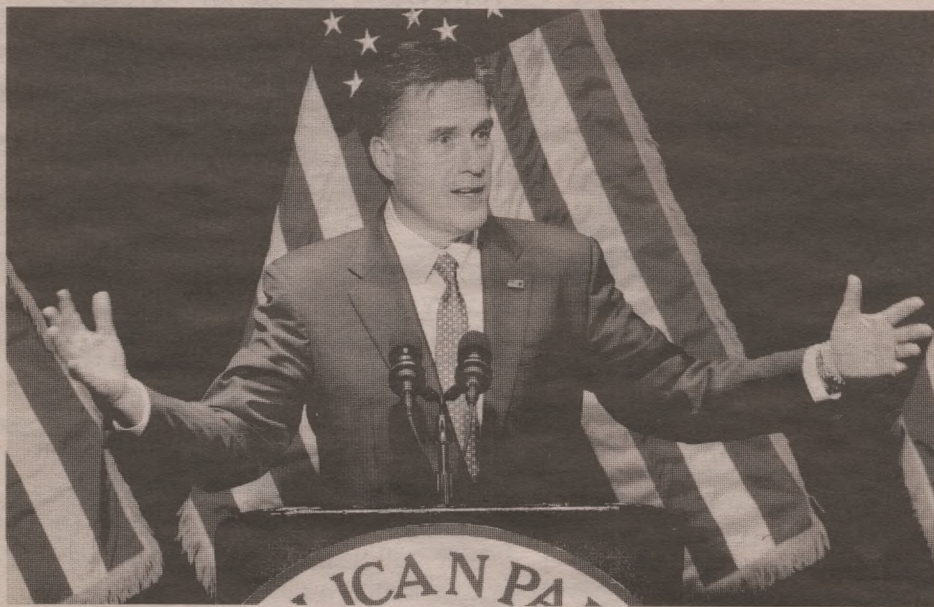
"It's so easy to be informed," said Maloney. "It's sad [not all students] know the differences between the candidates."

Junior Liz Abreu, who is also a registered independent, argued that public education is the primary reason for an absence of political awareness.

"I had a teacher in high school that required us to do projects on political current events," she said. "That made me feel involved."

Rose also believes that more education is necessary.

"Quite frankly, I've always felt that a course on American government should be mandatory at Sacred Heart University," he said. "I feel that students on this campus need to know a lot more, and I think that the university needs to do a better job of educating students on the role of being an effective citizen."



AP Photo

Former Mass. Governor Mitt Romney has faced intense opposition from other Republican candidates.

StoryCorps causes emotional reactions

...CONTINUED from page 1.

Isay believes in allowing participants to use their voices to convey emotions. During the question and answer portion of the program, an audience member asked if he would ever consider placing cameras in the recording booths to record contributors' reactions. Isay replied that this would never happen.

"In the recording booth, there is a facilitator who helps make sure that the equipment is working, the lights are low, and it's comfortable," he said. "Otherwise it's just you and the other person. I believe it's an intimate conversation."

StoryCorps' newest innovation has been adding animation to some stories.

"Some people dislike this idea," said Isay. He then said jokingly, "But I love them, and I'm the boss."

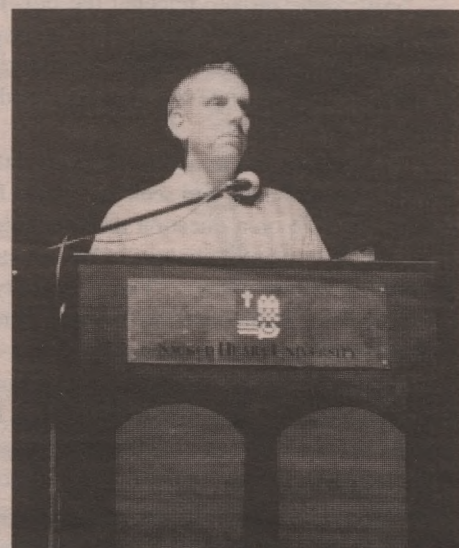
Each interview is 40 minutes long and results in the production of two CDs. One goes to the participants, and the other goes to the Library of Congress.

"In the long run we are trying to make the 40 minutes of each and every story public," said Isay. "But for now, you have to go down to the Library of Congress in order to listen to them."

A copy of the book "All There Is," a collection of love stories from StoryCorps, was available to purchase at the event. All of the proceeds from the sale of the books support the continuation of StoryCorps.

One of the strengths of StoryCorps is that its stories involve ordinary people.

"No one comes to StoryCorps to get famous or noticed," said Isay. "They only come to remember."



The Spectrum/Kayley O'Brien

Dave Isay, founder of StoryCorps, addresses the crowd at Sacred Heart.

NYPD monitors Muslim students

Associated Press

One autumn morning in Buffalo, N.Y., a college student named Adeela Khan logged into her e-mail and found a message announcing an upcoming Islamic conference in Toronto.

Khan clicked "forward," sent it to a group of fellow Muslims at the University at Buffalo, and promptly forgot about it.

But that simple act on Nov. 9, 2006, was enough to arouse the suspicion of an intelligence analyst at the New York Police Department, 300 miles away, who combed through her post and put her name in an official report. Marked "SECRET" in large red letters, the document went all the way to Commissioner Raymond Kelly's office.

The report, along with other documents obtained by The Associated Press, reveals how the NYPD's intelligence division focused far beyond New York City as part of a surveillance program targeting Muslims.

Police trawled daily through student websites run by Muslim student groups at Yale, the University of Pennsylvania, Rutgers and 13 other colleges in the Northeast. They talked with local authorities about professors in Buffalo and even sent an undercover agent on a whitewater rafting trip, where he recorded students' names and noted in police intelligence files how many times they prayed.

Asked about the monitoring, police spokesman Paul Browne provided a list of 12 people arrested or convicted on terrorism charges in the United States and abroad who had once been members of Muslim student associations, which the NYPD referred to as MSAs. They included Jesse Morton, who this month pleaded guilty to posting online threats against the creators of the animated TV show "South

Park." He had once tried to recruit followers at Stony Brook University on Long Island, Browne said.

"As a result, the NYPD deemed it prudent to get a better handle on what was occurring at MSAs," Browne said in an e-mail. He said police monitored student websites and collected publicly available information in 2006 and 2007. But documents show other surveillance efforts continued for years afterward.

"I see a violation of civil rights here," said Tanweer Haq, chaplain of the Muslim Student Association at Syracuse University. "Nobody wants to be on the list of the FBI or the NYPD or whatever. Muslim students want to have their own lives, their own privacy and enjoy the same freedoms and opportunities that everybody else has."

In recent months, the AP has revealed secret programs the NYPD built with help from the CIA to monitor Muslims at the places where they eat, shop and worship. The AP also published details about how police placed undercover officers at Muslim student associations in colleges within the city limits; this revelation has outraged faculty and student groups.

Though the NYPD says it follows the same rules as the FBI, some of the NYPD's activities go beyond what the FBI is allowed to do.

Kelly and New York City Mayor Michael Bloomberg repeatedly have said that the police only follow legitimate leads about suspected criminal activity.

But the latest documents mention no wrongdoing by any students.

In one report, an undercover officer describes accompanying 18 Muslim students from the City College of New York on a whitewater rafting trip in upstate New York on April 21, 2008. The officer noted the names of attendees who were officers of the Muslim Student Association.

Christie vetoes gay marriage bill

N.J. Gov. wants ballot referendum to decide

Julianne O'Hara
Staff Reporter

After the General Assembly and the Senate passed a bill to allow same-sex marriage in New Jersey, Gov. Chris Christie vetoed the legislation last Friday, Feb. 17.

Although Christie rejected the bill, he recommends that the voters of New Jersey settle the issue with a ballot referendum in November 2012. According to the Associated Press, no U.S. state has ever approved same-sex marriage in a referendum.

"I continue to encourage the Legislature to trust the people of New Jersey and seek their input by allowing our citizens to vote on a question that represents a profoundly significant societal change," Christie said in an article from the Associated Press. "This is the only path to amend our State Constitution and the best way to resolve the issue of same-sex marriage in our state."

Though Christie wants to put the issue to popular vote, not all agree with this decision. The Democrats who control the state legislature believe that gay marriage is a civil right protected by the U.S. Constitution and may take their fight to the courts, according to Newsday.

Some citizens of New Jersey relish the opportunity to vote on the issue.

"As a resident and voter of New Jersey, I think it's great that we get to weigh in on something that really matters nowadays and something that is so controversial," said Sacred Heart University sophomore Gianna Colgero. "This really could turn out to be an important step for the state of New Jersey."

The bill passed the State Senate by a tally of 24-16 on Monday, Feb. 13. It was then cleared by the General Assembly, 42-33, on Thursday, Feb. 16.

Right after the bill was placed on Christie's desk he vowed "very swift action." He kept his promise and responded within six hours of receiving the bill.

According to Newsday, a gay marriage bill was defeated in the Senate two years ago, just before Gov. Jon Corzine, a Democrat who supported the measure, left office. Christie, who is a Republican and opposed to gay marriage, isn't the only one to deny this bill. The Washington Post reports that Thursday's Assembly vote did not include a single Republican vote, and two Democrats voted no.

There are six states that allow same-sex marriage, as well as Washington, D.C. But there are 30 states that have constitutional amendments banning same-sex marriages, most by claiming marriage as a union between a man and a woman.

New Jersey does allow civil unions, which provides the benefits of a marriage to gay couples without the title. According to Newsday, they were adopted after the Supreme Court instructed the legislature to provide marriage equality to same-sex couples.

According to Lambda Legal, New Jersey civil unions grant "all of the same benefits, protections and responsibilities under the law, whether they derive from statute, administrative or court rule, public policy, common law, or any other source of civil law, as is granted to spouses in a marriage."

Some of the rights that same-sex couples get out of a civil union are: rights to joint ownership of property, rights relating to emergency medical care and hospital visitation, rights relating to insurance, health and pension benefits, and rights to bring wrongful death and other kinds of claims that previously depended on spousal status.

But gay rights advocates are not satisfied with the legalization of civil unions.

"Civil unions are, in theory, the same as marriage," said junior Ariel David, the president of Sacred Heart's Gay-Straight Alliance. "But it's like saying that I Can't Believe It's Not Butter is butter. It's not. It says it on the label. Civil unions are a fake thing created to appease people who are opposed to gay marriage. This needs to change and become real marriage for all couples."

Christie is quick to point out his support for civil unions.

"I have been just as adamant that same-sex couples in a civil union deserve the very same rights and benefits enjoyed by married couples, as well as strict enforcement of those rights and benefits," he said.

Gay rights activists beg to differ, as they argue that they aren't provided with true equality under civil unions.

According to Newsday, activists complain that civil unions set up a separate and inherently unequal classification for gays.

But Democrats and gay rights activists are not ready to give up the fight yet.

As of now, Democrats seem to not have enough votes

to override a New Jersey veto but have until the end of Christie's term in 2013 to try.

Reed Gusciora, a Democrat who is one of two openly gay state lawmakers, is hopeful.

"We do have two years," said Gusciora. "We changed a lot of views in the last couple of weeks. Give us two years and we're going to change a heck of a lot more."

Some students hope that Gusciora will be proven right.

"I fully support gay rights," said sophomore Kristin Bennett. "No matter who you are in love with, love is love. Times are changing, and Chris Christie needs to realize that."



AP Photo

New Jersey Governor Chris Christie delivers on his promise to veto the legalization of same-sex marriage.

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Women outnumber men at SHU... But does it matter?

Dan Miller
Staff Reporter

Roaming the halls of Sacred Heart University, a few things become apparent to students. The people are friendly, the printing lab is usually crowded, and there are a disparate number of males compared to females on campus.

According to U.S. News & World Report, there are 4,198 students enrolled in Sacred Heart's undergraduate studies programs. Of those, 60.7 percent are female.

Despite the gap in the ratio of females to males, many students say these statistics do not affect academics or extracurricular participation.

"The fact that there are more females than males at SHU doesn't make any difference to me," said senior Jess Orser. "To be honest, I barely even notice it. Sacred Heart isn't that big of a school, so I see a lot of the same people in all my classes."

Although students said they do recognize the disproportionate number of females around campus, the ratio does not seem as apparent when they are in class. Many said that being surrounded by females does not change behavior within the classroom setting.

"As a business student, I feel that the ratio of males to females is pretty similar

and does not change the way I act or participate in class," said senior Marc Gratta. "However I do feel that if you have good friends of the same or opposite sex in class, it can help [you] participate more."

Junior Erin Dowling agreed and said that since it is common for schools to have more of one gender, she doesn't see the ratio difference as a problem.

"Having more females than males in my classes does not change my participation level," said Dowling. "Now that I am a junior and learning more about my specific major, everyone seems to be on the same level, which makes it more common for everyone to be participating instead of a select few people in class."

However, some female students said that having more women in the their classes have a positive result in participation.

"I feel that for girls, it's easier to speak up in class when the majority of classmates are girls," said sophomore Rhea Catubig. "I think girls are more cautious of how they act in the classroom when there are guys around. But the ratio difference doesn't bother me."

Many female students said that the ratio difference does not bother them and they do not think that Sacred Heart males mind it either.

"I feel that guys don't really care as much as girls do, or if they do, they don't



The Spectrum/Dana Maltese

Left to right: Sophomore Cary Pedicini, sophomore Mae Murtagh, freshman Chris Kulesza, and freshman Cassie Treglic sit at a table in Chartwells.

show it as much," said Catubig.

Dowling said that the gender ratio should be irrelevant in the classroom setting.

"I would hope males feel the same way because when it comes to education, it shouldn't really matter which gender you are," said Dowling. "When you're on the college level, we don't separate by sexes except for living purposes, so I don't think it affects anyone in that sense."

When it comes to the admissions process, students said that although perspective students take notice, it has not resulted with a negative effect.

"When giving tours to prospective

students and parents, they do ask about the male to female ratio," said junior Charlie Marcelin. "I say we're approximately 60 percent female and 40 percent male. The guys seems to like it, but the girls don't normally care."

Freshman Jaclyn Smith said that she remembered hearing that Sacred Heart was predominately female when applying for schools.

"I don't think that having more of one gender truly affects students' behavior positively or negatively. At the college level, people don't act differently just because there are more boys or girls present in the classroom," said Smith.



The Spectrum/Samantha Purnell

Junior Patricia Skrzypek gets food at Chartwell's on a recent afternoon.

How do you do SHU? How to eat at Chartwells

Amanda Rivera
Contributing Writer

All I can think about is eating some delicious chicken tenders and greasy French fries right now. If you can tell that I am hungry while writing this, than you are correct! The prize of the most genius person in the world goes to you. Well, maybe not the most genius -- whoever created DippinDots was totally Einstein's equal.

Alright, let me try and focus beyond the hunger pains. I can't write a whole article describing the juiciness of the chicken tenders and the saltiness of the crunchy fries about to enter my mouth. Hold on, let me go to Chartwells and get some chicken tenders and fries ASAP!

But before I do that, something incredibly important needs to be said. I think there needs to be -- no, it's imperative -- to have a class on how to pick food in Chartwells. This is for the common good. We need to be able to make educated decisions in our lives, at least if only to avoid having a little stomach aches as possible. Let's face it, a lot of the food in there is questionable, but we have to eat it regardless.

I don't know about you, but I don't al-

ways have the time to cook food -- and when I do, it's always mac and cheese. So to mix things up a bit, I need to go to Chartwells.

I think what's pretty cool about Chartwells is that they have the most awesome employees ever. They are fun and nice, and they make you forget that your pizza has been laying under that heat lamp for the majority of the day. I like to think of them as the life coaches of the Chartwells system. I feel that behind their job of making and presenting the food to the SHU community is also subliminally getting people to want to eat the food.

While you're staring at that mystery meat, wheat pasta, and specialty vegetables, they just wait patiently for a few moments until you decide. Then a line starts to form and you start to get nervous, but it's OK because they are there saying in a stern face saying, "What do you want?" I don't know about you, but when someone asks me that in a stern face, I have to respond.

So I get the food and walk over to the cash register. While I look at my plate of mystery meat and wheat pasta then back over at the chicken tenders and French fries under the heat lamp, I mutter, "Damn, they've done it again!"

Hitting the gym leads to heightened happiness

Jeff Therkelsen
Staff Reporter

At 6:30 a.m., when many students are still asleep, junior Jensen Richert is awake and ready for her workout with the crew team. Although it is an early start and may be difficult to begin exercising, Richert feels that it is worth it.

"I do it because I know it keeps me healthy and fit and it gives me the energy to get through the rest of my day. It also improves my confidence and my self esteem because I feel better about my body after a workout," said Richert. "I'm also proud to say I haven't been sick in years and I owe a big part of that to staying active and exercising."

According to a recent Penn State University study where 190 college-age students were asked to track their physical activity, people that exercised routinely had more over-all feelings of excitement and enthusiasm compared to those that are not as active.

Students at Sacred Heart share similar sentiments. Others agree that with health comes happiness.

"My immune system isn't the best, but when I am active I tend to keep healthy for longer periods of time compared to when I don't move around as much," said graduate student Michael Dominguez.

For some, exercise creates a feeling of euphoria and invincibility.

"After working out, I feel absolutely great. I feel as though I can conquer any situation that comes my way because I just conquered a great workout," said sophomore Danny Garel.

Although working out benefits their emotions, some students need to be surrounded by others in order to

keep motivated.

"It's a huge reason why I decided to join a team. I get to be physical with a group of my peers who encourage [me] and motivate [me] to do better," said Richert.

Other students use family as a means of support when working out.

"I'm always pushing my brother to exercise and at the same time my mom is very supportive of my active lifestyle and exercise regime," said Dominguez.

Many agree that getting started is the most difficult part of exercising, but once they are active the positive impact is immediate.

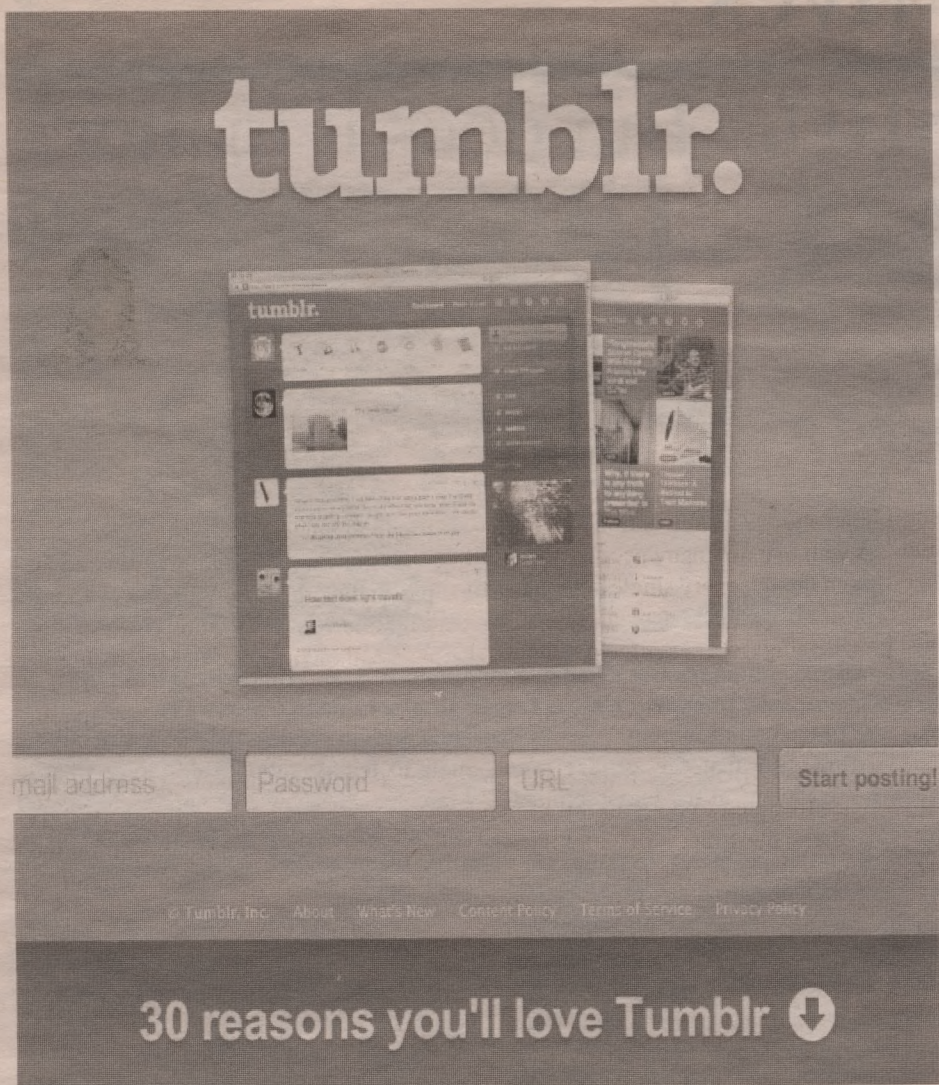
"Working out makes me happy because it makes me feel like I'm doing something good for myself, and although I don't always like it when I'm doing it, afterwards I feel so much better," said junior Devon Vawter.

According to students, the happiness derived from working out can be experienced in a myriad of ways.

"Not only do I see it as a great way to exercise and keep healthy, but it keeps me relaxed," said Garel. "Working out gives me a sense of excitement and feeling accomplished that I did something useful on a boring day and also helps with relieving stress."

Although it has been proven that the release of endorphins are the cause of positive emotional responses after exercising, students believe it is simpler than that.

"Well I know that simply by exercising your body releases certain hormones like adrenaline and endorphins that give you a certain so called 'exercise high' which is definitely true," said Richert. "However, biology aside my personal feelings on exercise are that I'm happy just knowing that I'm being active."



The Spectrum/Sean Elliott

Tumblr is a popular blogging website for Sacred Heart students.

Blogging's variety leaves everyone satisfied

SHU speaks on the benefits of blogging

Erin Marley
Staff Reporter

From cooking to gaming, from travel to business, the wide variety of blogs offer people an abundance of information and entertainment. Blogging has become an extremely popular method of social media. There is a large variety of blogs offered on the web in which people are encouraged to read and post their opinions.

"I only follow one blog," said junior Maura Leahy. "It is about a girl named Alice in Europe who has terminal cancer. She made a bucket list that she's trying to do before she dies. She is 16 now and she blogs about all her experiences as she works through her list."

Similar to Leahy, there are other students that use blogging as a way to keep in touch with people and hear about their lives.

Junior Stephanie Ringbauer used a Tumblr when she went to Ireland so she could keep her friends and family informed and also so she could look back on the memories.

"It wasn't that formal of a blog. I just did it for fun. I used Tumblr over the summer to read some of my friend's blogs who were studying abroad. I was able to see what they were doing since I couldn't talk to them all the time," she said.

Not only are blogs helpful to keep in touch while abroad, they can also be helpful in deciding where to go abroad.

"I always go for the travel blogs," said senior Zach Johnston. "Ever since I went to Ireland, I have been looking to go just about everywhere. I go to blogs to see what people say about other places."

Besides travel, blogs are used for a mixture of other things, depending on people's hobbies and interests.

"I read cooking and baking blogs," said sophomore Cassie Briffett. "I feel like blogs are interesting and can offer

different points of view and tips. I have found a large variety of foods to cook that I never would have thought of before."

While some blogs are simply for pleasure, others have gained a more serious following.

"Fan blogs have had increasing impact on the media industries, as producers seek to satisfy the desires of their most vocal audience," said Dr. Sally Ross, a media studies professor.

"The most widely read blogs can also have a powerful impact on which products thrive in the marketplace, particularly 'Mom blogs,' which weigh in on everything from toys to fitness products to appliances," she said.

Blogs have recently begun to be used in schools for assignments.

"The growth of academic blogs is an interesting trend that allows scholars to share their ideas more quickly than through traditional channels like refereed journals," said Ross.

Although there are many benefits to blogging such as keeping in touch with loved ones or generating ideas, not all that blogging has to offer is beneficial.

"The only blog I read is ReadIt.com," said freshman Stephen McNicholas. "I have found that I have to be very careful with it because it has given my computer viruses."

Although blogs can be entertaining, blog websites generally have no restrictions as to what can be posted.

"The cons of blogging are the unnecessary comments people make that I don't want to read," said freshman Cara Curran. "I also do not like reading the negative blogs about how much people think their lives suck."

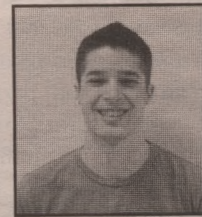
While blogging is not flawless, it is an alternative way to learn new things and follow friends.

"It's a great way to communicate and express," said Curran.

He Said/She Said

How much should you change for your significant other?

Andrew
Cresci
He said



Stephanie
Taglianetti
She said



Changing in general is not easy. Most change is usually a result from emotional or physical events in life and not because of a specific person. Trying to change just because of someone else is always a challenge.

Not to sound too corny, but if the person is right for you, then it will not be as difficult as you think. If that is the case, it is not always another person's request for their partner to change. Sometimes in a relationship you will want to change for your significant other.

Relationships are about compromise, not about changing what makes you who you are. I believe everything happens for a reason and that relationships are nowhere near as hard as people make them out to be.

While change is something that every person will go through at various points in his or her lives, the first options should always be to keep people together. Like I said, compromise and accepting people for who they are will ultimately make a relationship work as opposed to altering who you are just to keep someone impressed. For any potential change, the desire has to go beyond your significant other.

Once you realize that a change needs to be made, not for sole purpose of pleasing someone else, but also for yourself, that is when you go ahead and commit to that change. For example, my girlfriend recently gave up casually smoking because:

A.) I thought it was nasty (I may not have said it but I am sure my face gave it away).

B.) She realized it was gross and something that is not healthy for you.

Now while her giving that up made me happy, she also did it for herself. I'm sure this made that decision easier to commit to and keep up even if we are no longer together.

The point that I'm trying to make is that you have to believe that these changes are the right ones for you. While your significant other can help spur these on, it is up to you to live with them and keep them up.

Another situation that always seems to happen is when a guy finds a girl and vice-versa. The one thing that is always a definite is that everyone has a specific deal breaker that is hard to negotiate, no matter how perfect that person is.

Now you may think I sound like a jerk, but really think about it. You find someone, and you think they are absolutely great until a problem comes along that has to do with your deal breaker. It's then that you have to decide if that deal breaker is worth ending the relationship for or something that you can accept and build off of.

Now this is not something you can set a timer to, but eventually this unfavorable trait will reveal itself and when it does, it's something you'll have to deal with it.

Ultimately you cannot make anyone change just because you want them to -- only they can make that decision.

Being true to who you are is extremely important because you will never be truly happy if you are not being true to yourself. This is a universal truth. This is not only important to make you feel like a complete and satisfied person, but also to make you feel like you can physically and emotionally be in a relationship.

You should never lie about who you really are. Dating is all about getting to know you, which would be impossible if you were not being 100 percent honest about you who are. Of course, at first, you are not going to divulge your deepest and darkest secrets to your partner, but eventually, you must journey into that place together. However, you do this on your own time and when you are ready, which a loving partner should understand and respect.

There is a difference between not telling your partner things about yourself, and telling your partner things about yourself that just are not true. You should not change anything about yourself, or lie about yourself for ANYONE -- not even your significant other. This is just going to lead to a sticky situation.

If you change your physical appearance, or change your lifestyle in significant ways for someone else, you are going to be extremely resentful of that person because you changed for them and not for yourself. You have to do things on your own time. You cannot just turn your world upside down because someone else wants you to. If you are not physically and emotionally ready, your change will not be successful or lasting anyway. You decide when you are ready, and that is how you will make progress.

Now I am sure there are little gray areas in this situation. For example, if your partner wants you to change from being unfaithful to faithful, that is something that will benefit your relationship and is necessary for your relationship to progress. However, I would not exactly constitute this as a "change," but more as a "growth."

I think that if your partner is asking you to "change" things about yourself, but these "changes" are beneficial and helping you grow into a self-sufficient adult, then the request is out of love, concern, and hope for your relationship together to grow. These types of changes are healthy, and will help you in the long-run. However, you do have to understand that someone has to be ready to make these changes. If your partner has to change something that is currently detrimental to your relationship, but they are not ready to make the change, you are going to have to either be patient or be single.

When you start a relationship with someone, you are acknowledging that you accept them for who they are and are hoping to one day grow to love them -- flaws and all. It is important to remember that you cannot ask someone to bend over backwards and change every little thing about themselves just to please you. It is unreasonable, and you are not letting your partner be 100 percent true to who he or she is.

If you want to shape and mold your partner into someone else, go out and date someone else.

Black history IS American history

Blake Campbell
Sports Editor



It may have gone unnoticed, but each week this month, the sports section has been publishing one article about a prominent athlete of color in commemoration of Black History Month. Though it isn't much, I know some people personally who appreciate the gesture. In a school that is made up of 80% Caucasian, the burden is on the select few minorities to give their culture a real presence on campus.

There have been some attempts to celebrate cultures on campus. UMOJA is a club with the purpose of promoting unity and inclusion on the SHU campus. La Hispanidad does the same for people of Spanish and Latino heritage. These groups make an honest effort to promote unity, but it is clear by the atmosphere of the university that more needs to be done.

My sophomore year, there was supposed to be an African American history class offered. A lot of my friends and I signed up for the class. We were distraught to learn that the class was cancelled before it ever started.

What I find most disturbing is that there is a need for a separation of history. Why is it that African American history isn't just considered American history? Africans were brought over as slaves around the same time the pioneers invaded this land.

Though we were not considered citizens at the time, we still made contributions throughout.

Though it may have been ugly at times, African Americans persevered through the adversity, trying to find a way to fit into a system they were never supposed to be a part of. Equality was the goal and through our faith in God, we were adamant in trying to reach it.

Though what we were doing was considered civil disobedience and insubordination, we changed America for the better.

Not only with the Civil Rights Movement, we also contributed to the building of the nation through inventions and innovations.

So now that we've moved beyond the point of legal oppression, I feel it is time for our histories to be integrated as one. It is time for inventors like Garrett Morgan, who invented the "gas mask" or Lewis Latimer, who improved Thomas Edison's light bulb to get the same recognition in the history books.

African American history is usually limited to Martin Luther King, Jr., Rosa Parks, Harriet Tubman, and a few others. Mention is often made of Malcolm X and the Black Panther Party for Self-Defense, but they are often shown in a negative light. The details of their operations are rarely disclosed.

I'm not blaming anyone for the lack of interest in or access to black history; a lot of the blame is on us. I urge the African American population of Sacred Heart to research your history, make it known, and do something to give our culture a real presence on this campus in the years to come. Make a difference in your community; the Sacred Heart Community. Understand that if you don't do it, no one will.

Interning Barista: From cups of coffee to copy editing

Liz Lezama

Asst. Perspectives



College is about working towards one goal – freedom. The freedom of working in a field that is actually enjoyable.

The freedom of being able to support your own living style. The freedom to begin a life that is tailored to your wants and needs.

Well, there's a wall between college and the aforementioned freedom. A wall that not many people talk about even though every single person has to push through it. That wall is reality.

Being a part-time student, I thought that there was a method to my madness when deciding to only take three classes at a time.

I would take my time, figure out what I wanted to do with my life and at the same time, work and save up money. That was the plan.

The plan changed when I got my second internship. I was lucky enough to find an internship that was everything I ever wanted in a job.

I get to edit, read, fill out paperwork, and best of all, form connections and friendships that I will remember for the rest of my life. What's wrong with that? Everything.

I work at a coffee shop and I still live at home. These two facts do not mix well with the reality that has recently appeared to me.

I get to go to my internship once a week and do all of the things I love

and want to make a career out of. I have to make coffee about five times as much as that and I have to continue going to school for another two years even though I have found my niche.

So what's missing? How about pay and graduation. Working at an unpaid internship is torture.

Although I love the internship itself, the feeling that the things I love are within my reach and yet slightly too far is unbearable.

Having to struggle and continue working at a soul-stealing part-time job when my dream job is staring me in the face is, let's just say, difficult.

Regardless of the dream job that makes its appearance every Thursday afternoon, I will continue trucking on because there are no short cuts in the real world.

No matter how cranky those lattes and cappuccinos make me for what they symbolize, I will keep frothing up that milk, keep studying for tests that will never help me with my career and keep living at home because that's what society expects me to do and because time travelling doesn't exist.

the SPECTRUM

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Editor's Choice



Photo Courtesy of Liz Mastricola

I had a fantastic time photographing Ben Vereen. Despite all of the medical hardships he endured earlier in his life, he continued to pursue his career as a performer and was able to tell his inspirational story with a smile on his face.

Check out our new Sports Blog

www.pioneerpulse.wordpress.com

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Celebs say goodbye to Houston one last time

Whitney Houston's telecasted funeral brings music's big names together in remembrance



Johanna Ovsenek
Staff Reporter

On Feb. 11, 48-year-old, music legend, Whitney Houston passed away in her Beverly Hilton hotel room.

A week after her tragic death, her invitation-only funeral was held at the New Hope Baptist Church in Newark, N.J. This church holds sentimental value, as it was the church in which Houston grew up singing.

Televised on several stations, the memorial service was attended by big name celebrities such as Oprah Winfrey, Mariah Carey, and music executive Clive Davis.

Being such a large part of the musical community, it was no surprise that the service was full of musical performances by her peers.

Stevie Wonder and Alicia Keys played emotional musical tributes throughout the concert in remembrance of their close friend.

Keys' performance held an even bigger personal sentimental power because of the influence Houston had on her own career.

"She made us feel strong and capable and loved," she said to the crowd at the service. "She's an angel to us."

A controversial guest at the service was Houston's ex-husband, R&B singer, Bobbi Brown. Their marriage was infamous in the tabloids and suffered through much turmoil, including drug addictions.

Still, Brown attended the funeral but only stayed for a few minutes. The Chicago Sun Times, reported that Brown, decided to part early because of seating confusion at the service.

Although they weren't at the funeral, some Sacred Heart University students are grieved the death of the singer that they grew up listening to.

"I am really sad to hear of the death of Whitney," said sophomore Alisa Mesa. "She really was a huge pop icon and much too young to pass away."

The daughter of a gospel and pop singer, Houston burst onto the music scene with ease. She was instantly known for her booming voice and versatility.

Houston's popularity continued to grow as she released her second album "Whitney" in 1987. It became the first album released by a woman to enter the Billboard charts at No.1 and included four No. 1 singles.

The songs "I Wanna Dance With Somebody (Who Loves Me)" and "I Will Always Love You" were the signature songs that made her a pop sensation.

Since her death, three of her songs have re-entered the "Billboard Hot 100" chart.

"Whitney Houston's songs are known by absolutely everyone," said junior Mack Fuller. "She'll always be remembered for her great voice."

While her voice was always pure, Houston's lifestyle was not. Houston was a regular in rehab centers, and struggled with substance abuse addictions for much of her career.

The coroner's office has yet to reveal the true cause of death, but according to ABC News, the role of substance abuse in her passing may have been deadly.

"It's easy for people to peg Whitney as another washed-up drug-abusing singer," said junior Jackie Veseli. "But we must remember how influential and talented she was in the past and celebrate her life."

With the Grammy award tributes, and numerous weekend TV specials on her life, Houston's life is continuing to be celebrated.

Mariah Carey, a great friend of Houston's wrote on her Twitter page, "She will never be forgotten as one of the greatest voices to ever grace the earth."

AP Photo
Whitney Houston was laid to rest in a very public ceremony this weekend.

Grammy Awards full of triumph and tribute

Houston is remembered and Adele wins big at music's biggest night

Emmett Manning
Staff Reporter

The Grammy Awards are usually the most electric award show of the season. Performances are plentiful and rock stars do what they do best on stage-- sing, dance, and entertain.

However, this year's awards, which aired on Feb. 12, had a somewhat more somber theme.

In an ironic course of events, music legend Whitney Houston passed away the day before the show.

Rapper and singer, LL Cool J, hosted the show and wasted no time paying homage to Houston.

After an opening performance by Bruce Springsteen and the E-Street Band, he took to the stage to offer a prayer in remembrance of the singer. A pan of the audience showed the arena full of musicians bowing their heads and joining in on the condole scenes.

Many of the night's performers, like Rhianna, and Bruno Mars, gave a shout out to the fallen singer, but it was Jennifer Hudson that was chosen to execute the official tribute.

Hudson took center stage during the tribute portion of the show, and sang Houston's most notable song, "I Will Always Love You," while a montage of pictures of musicians and music executives, who passed away, played behind her. The choked up singer received a standing ovation and provoked similar emotions amongst the crowd.

The night quickly turned from sadness to confusion, when dancing priests, corrupted alter boys, and an exorcism took place on stage. The bizarre scene was all a part of hip-hop artist Nicki Minaj's performance.

It was obvious even earlier in the night, when Minaj walked the red carpet escorted by a man dressed as the pope, that her behavior was going to leave some offended.

"All of it was approved by The Recording Academy,

which puts it on the Grammys. Whether Minaj is possessed is surely an open question, but what is not in doubt is the irresponsibility of The Recording Academy," said the president of the Catholic League, Bill Donohue, to CatholicLeague.org.

However, the three and a half hour show was not only about grief and evil possessions, and many of the Grammys common upbeat themes shown through too.

Maroon 5 and Foster the People joined the Beach Boys on stage to commemorate the bands 50th anniversary together. Together they provided a lighter tone to the night performing, "Surfer Girl," "Wouldn't It Be Nice," and "Good Vibrations."

"It was great to see those old guys up there again, I heard they're going on tour and I would love to see them," said senior Thomas O'Hanlon.

Katy Perry used the telecast to launch her new single, "Part of Me." With the lyrics, "You can keep the diamond ring, it don't mean nothing anyway. In fact, you can keep everything, except for me," left many assuming the anthem was influenced by her recent divorce from comedic actor Russell Brand.

Besides Houston's death, the biggest anticipation of the night surrounded British singer Adele.

The powerhouse singer dominated American mainstream music this year with the release of her album, "21," which spawned number one singles, "Rolling in the Deep," "Someone Like You," and "Set Fire to the Rain," and sold 6.7 million copies in the US this year alone, according to People Magazine.

The 23-year-old singer, fresh off recovering from vocal chord surgery in the fall, brought the audience to their feet after her simplistic yet soulful performance.

Proving even further that she earned her spot in the music community, she swept away her competition winning all six categories she was nominated in, including Record of the Year and Album of the Year.

Although all eyes were on fresh faced Adele, the night concluded with a performance from a cluster of rock legends, dressed in black and strumming guitars.

Springsteen, Joe Walsh, and Foo Fighter front man Dave Grohl, joined Sir Paul McCarthy for his second performance of the night, playing his Abbey Road Medley, including, "Golden Slumbers," "Carry That Weight," and "The End."

A&E Editor Lisa Manente contributed to this article.



AP Photo
Adele has her hands full, as she shows off her six statues.

Some shine and some fall at NYC Fashion Week

Maryanne McGoorty
Staff Reporter

The colors this year for the 2012 fall and winter lines might be dull but the dramatic events and controversies during Fashion Week were far from it.

From Feb. 9-16, the top designers from the fashion industry all came to New York City to present their fall and winter lines. Some of the big name designers that attended were Ralph Lauren, Vera Wang, and Victoria Beckham.

President of the Sacred Heart University's Fashion Club, junior Elisabeth Pitruzzella, was most excited for Posh Spice to over the runway.

"I love Victoria Beckham's new line," she said. "I like it because I like to dress business casual, so I feel like her new line targets young women working in the business world."

Although the purpose of her showcase was her clothes, it was Beckham's soccer star husband, David Beckham and new chubby cheeked daughter, Harper, whose presence near the catwalk stole the show.

Other big names that sat front row were Katie Couric, Victor Cruz, Dakota Fanning, and the Olsen Twins.

While fashion week celebrates the ever changing lively world of fashion, this year, designer Joanna Mastroianni's show was struck by tragedy.

During the Feb. 15 show, 95-year-old socialite Zelda Kaplan, was sitting front row when she collapsed. According to the New York Post she was carried out by security and sent to the hospital and was pronounced dead by natural causes.

Mastroianni wasn't the only designer who caught attention for something other than their clothes.

This year there was a lot of controversy going on with designer Marc Jacobs who hired 14-year-old models to wear his line. According to ABC News, the age limit for models set by the Council of Fashion Designers for America is 16.

Responding to all the allegations Jacobs said to The New York Times, "I do the show the way I think it should be, and not the way somebody tells me it should be."

Yet, aside from the major controversies, fashion shows are known for being different and creative. The

point of the show is to display the clothing in a unique way to catch the audience's eyes. However, sometimes by doing this, the clothes lose their relatability

"I think it's fun to see all the funky outfits they put together because nobody ever really wears them," said sophomore Amy Nunes.

While Nunes finds it entertaining, freshman Hunter Warner, tends to dismiss some of the outfits.

"I think it's interesting and definitely unique, but I don't really care about it that much about it because I don't wear those types of clothes," said Warner.

Still, there are some outfits that walk down the catwalk that do inspire every day people to wear them.

The biggest trends seen last week were luxurious coats, pant suits, shimmering fabrics, and dark colors.

"I love layering boots, belts, and the big coat with the fur on the hood," said Pitruzzella.

Although Fashion Week may be over in New York City, the designers are not. Fashion week continues over seas in London until Feb. 22.



Models debut Victoria Beckham's new fall line.

AP Photo

Texas inspires CT songwriter



The Spectrum/Sean Elliott

Reed's music has gotten positive critic reviews.

Kayley O'Brien
Staff Reporter



Making music is not only a form of work but also a form of love for native Fairfield, Conn. singer-songwriter Mick Reed.

"Writing songs in the studio is a labor of love. No one told me that I have to do this," said Reed. "It is all done out of love."

Following an impressive first album titled "Courtney's Farm" where Reed had the chance to work with artists such as Hugh Pool and the multi-platinum selling jazz singer Madeleine Peyroux, comes his sophomore album titled "Goodnight Texas."

Released in January 2011, the album has received glowing reviews. One of the reviews that is on Reed's website comes from music blogger Darius Rips, "Reed really shines on the ballads, and there are plenty of those here. Based on the music on 'Goodnight Texas,' it will be well worth seeing what he does next," she said.

"Goodnight Texas" has a blend of country, blues, jazz and what Reed likes to term as "Yankee Americana." He named it "Goodnight Texas" because he felt that name gave a good idea of what the songs symbolized.

"The name gives you a good feel for what kind of songs are on this album," said Reed. "It symbolizes being on the road, taking a journey and a feel of being together."

"Goodnight Texas" centers on being on the old Texas road and taking a journey. Songs such as "The Singapore Sling" and "Goodnight Texas" certainly do give the feel of being on the road. The song is perfect for a jam session in the car, or a pick me up energy boost during a long week.

"The Singapore Sling and "Goodnight Texas" both seem to be crowd pleasers, which I love to see the fans singing along to," said Reed.

But not all songs are an upbeat tempo on the album. Songs such as "Queen of the Desert" and "Tullia" have more of a softer tempo but still have a great melody.

One of the things that is noticed when listening to these songs is that they all have a story in them and that is what makes them so great; people can relate to the lyrics.

"The first thing that I hope people get from this album is that when they listen to it, they feel that it can become good background music or when they drive, they feel good listening to it," said Reed. "The last thing is that when listening to the lyrics they see the stories they tell and if they resonate with the listener, I have done my job."

Well Mr. Reed, you have definitely done your job with "Goodnight Texas."

Music Minute gives
'Good Night Texas'



2012 A&E Oscar Winner Predictions

Best Picture:
The Artist

Lead Actress:
Viola Davis- "The Help"

Lead Actor:
George Clooney- "The Descendants"

Supporting Actor:
Max von Sydow-"Extremely Loud and Incredibly Close"

Supporting Actress:
Melissa McCarthy- "Bridesmaids"

Students appetite is Shakin' for the Shack

New hot spot in Westport leaves students full and satisfied

Konstantine Dekaneas
Staff Reporter

What's shakin at the Shack? Burgers, fries, shakes and much more.

The Shake Shack is one of few unique burger joints in town.

Although its name implies otherwise, it is not only known for its shakes, ice cream and other delicious diner foods. It is a local burger joint offering a variety of tasteful selections.

As my friend and I walked through the front door, the staff kindly greeted us, providing me with potential order options based on customer favorites.

Their suggestions helped me navigate the menus posted along the cashier window.

Also, an entire menu of beer and wine was available for customers.

When it came time to order our entrée, it came down to two cheeseburgers, two orders of fries, and two milkshakes for dessert.

The milkshakes consisted of caramel and peanut butter. For only an additional 50 cents, we decided to make it malted.

The bill was just as expensive as any other "fast food" burger joint, such as McDonalds and Burger King.

The Shake Shack, however had much more to offer.

As we walked around waiting for our food, we couldn't decide where to sit, based on the several types of seating arrangements they offered.

There were island tables with bar stools, booths, as well as traditional tables. As customers continuously piled in, the selection of seating arrangements welcomed families, students, and even the elderly.

We decided to take advantage of the



The Spectrum/Annemarie A'Hearn

The Shake Shack is located at 1849 Post Rd. E in Westport, Conn.

bar stools as we had never experienced this at any other burger joint.

The Shake Shack also had plenty of flat screen TVs on the walls. While waiting, we were able to watch the Boston Celtics take on the Los Angeles Lakers.

Our food buzzer went off indicating our order was ready to be picked up.

With the tray within my hands, I was excited to dig right in.

My burger came with fresh lettuce, tomatoes, onions, and pickles. Then of course, there was the cheesy patty.

Immediately, as we watched the melting cheese pour down the sides of the patty, we both took bites into our cheeseburgers,

resulting in sheer satisfaction.

In my opinion, a crucial part to a burger is the quality of the patty. While eating, my taste buds were more than pleased. The patty was not too greasy, yet juicy, with a great deal of flavor.

The fries were also phenomenal. They were quite different from those at most burger joints.

The Shake Shack offers wavy fries, which were crispy, plentiful in flavor, and also happened to be gluten free.

The Shake Shack uses 100 percent natural, vegetarian-fed and humanely raised beef with no hormones or antibiotics. Also, they pride themselves in being

completely free of artificial trans fats.

Additionally, they have a gluten free menu consisting of burgers, hot dogs, fries, and even gluten free toppings for your ice cream, including custard and more.

With a large patio, full drink menu, quick service, TVs, and great music, I realized that in the summer this would be a great place to go.

My friend and I truly enjoyed our experience at the Shake Shack. Their style, hospitality, and great food had me "shakin in my SHUs."

Curiously, I wonder what the Shake Shack is like during the summer, so I will definitely be going back for more.



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Senior Jared DeBenedictus goes crazy for CrossFit

Dedication and motivation are key to DeBenedictus' success

Kimberly Woodruff
Staff Reporter

Did your New Years workout resolution already fall through? For some, this is already the case and daily fitness may not be top priority.

However, for senior Jared DeBenedictus, working out is a way of life.

DeBenedictus has been CrossFit training for the past two years after giving up mixed martial arts, also known as MMA fighting.

"I realized what I liked about fighting was the training we did, so I went right to CrossFit," said DeBenedictus.

DeBenedictus works hard towards a competitive goal and trains at the CrossFit gym in Milford, Conn.

During competition pre-season, he works out five days a week, three of which contain two scheduled workouts per day.

"Typically you're in the gym for about an hour at a time. Any more than that and you end up negating what you're training," said DeBenedictus. "Your body can only withstand so much and the things that we do after about an hour won't be benefitting you anymore."

DeBenedictus stays motivated from those who surround him and strives towards satisfaction and excellence in each of his workout routines.

"When you go through these workouts, it's not comfortable. They're not fun. You suffer through them, but the person next to you is suffering just the same as you are," said DeBenedictus. "With CrossFit, it's a community. At the Milford gym there's 400 plus members. You have 400 plus people backing you up."

Milford gym member, James Fitzgerald, from Canada, is also a CrossFit competitor. He is beginning to alter the structure of the workout routine in order to benefit its users.

He has broken down CrossFit workouts into three levels: fitness, performance, and competition.

"They are getting way more in depth with the way that they run the program," said DeBenedictus.

According to the CrossFit Foundation, each workout is designed to target one of the three main energy systems

that fuel all human activity, involving both anaerobic and aerobic training.

These performances optimize strength, power, speed, and endurance. "The main goal is making sure you are hitting those energy systems," said DeBenedictus.

CrossFit is designed for both well trained athletes, and those looking to lose weight or become more fit. The beginner's course lasts about four weeks and entails a three-day workout routine.

At that time, two coaches are designated to a group of no more than 12 beginners, making sure that proper technique and form is used during training.

"I personally have never been injured. A lot of times when people do workouts they break down in their form, and that's when people get hurt," said DeBenedictus.

Most injuries include tendonitis, sprained or pulled muscles, and herniated disks.

"If you do the form correctly, you should never get hurt. You should actually be increasing your ability to withstand injury," said DeBenedictus.

Aside from completing timed and structured workouts, DeBenedictus follows the Paleo diet, which is designed to create an overall healthier lifestyle.

According to BlackHawk Fitness Club, Paleo, also known as the Caveman diet, is based off of foods that men are meant to eat. The diet restricts grains, dairy, sugars, beans, and alcohol.

"Basically what the diet entails is lean meats and vegetables, and then some fruits," said DeBenedictus.

DeBenedictus described the diet as "progressive" because you have to build up endurance to eat with an alternate approach.

Along with the Paleo diet, zoning is a way to proportion your food to a 40:30:30 ratio between carbohydrates, fats, and proteins.

"When my girlfriend cooks for me, she has to cook Paleo," he said.

Coming from a traditional Italian family, DeBenedictus has a hard time when it comes to Sunday spaghetti dinner.

"I don't do that anymore and when we do, I have to make myself special dinners. My dad definitely is not

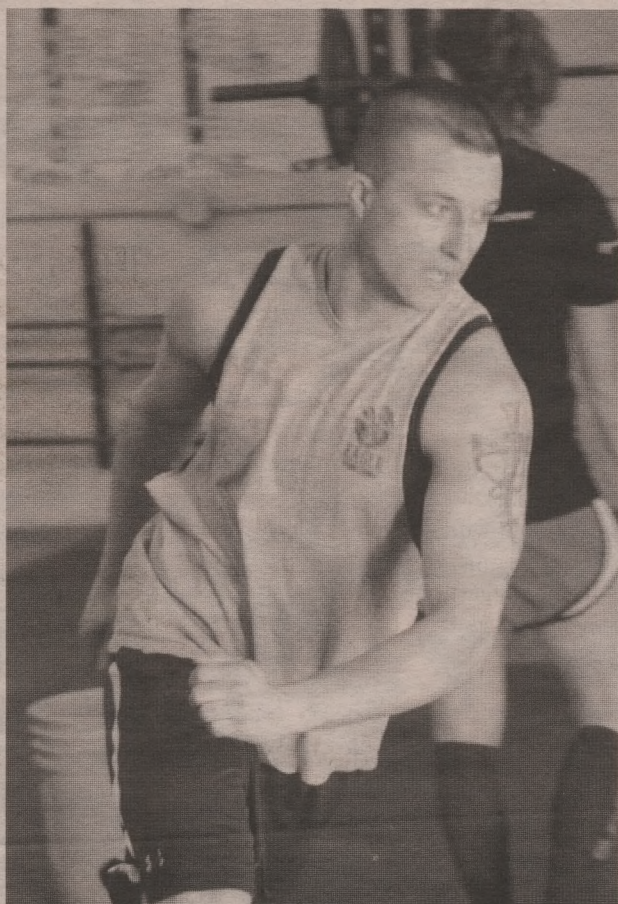


Photo Courtesy of Jared DeBenedictus

Senior Jared DeBenedictus incorporates CrossFit into his daily routine.

happy about it," he said.

Although his family may not be happy about his restricted dieting choices, it is the lifestyle he has chosen.

According to DeBenedictus, the motivation and satisfaction that he feels after completing a CrossFit workout ultimately wins over the things he has sacrificed.

"It's a very intensive activity and you need to be dedicated to it in order to benefit from it. The sense of gratification is unreal," he said.

'Forever Pioneers' searches for seniors support

Sophia Destruge
Staff Reporter

Do you want to make your class a legacy at Sacred Heart University? Students are dedicating their time and money to be remembered even after graduation.

Eight seniors, who call themselves "Forever Pioneers," have dedicated time to educating others about the Senior Gift Campaign.

This campaign offers a way for this year's senior class to leave its mark on Sacred Heart by raising money for the school.

In a message sent out to seniors, Emily Cordero, a senior of Forever Pioneer, emphasized the importance of donating to the campaign.

"A lot of you might not know that the new Student Commons, the library, and even financial aid and scholarships do not come from tuition dollars," said Cordero. "The money comes from past seniors and alumni that donate to

Sacred Heart to keep our institution going."

The campaign started several years ago and was first organized by Judite Vamvakides, director of annual giving at Sacred Heart.

"She was the first to help plan and manage the annual giving program," said senior and Forever Pioneer member Amanda Crowe. "She recognized a need to educate current students about Sacred Heart University's Annual Giving Program."

The committee meets every Thursday to discuss the progress of the campaign, as well as brainstorm new ideas to entice more seniors to get involved.

"We have been promoting the '\$5 for 5 Campaign' where seniors can donate five dollars for five months," said senior Jenna Angelucci, who serves on the committee.

"When donating, the seniors can choose where they want the money to go: athletics, one of the five colleges, the library, or simply the Annual Fund which supports the university's greatest needs," said Angelucci.

The goal of the committee is to get 200 seniors to donate \$5.

"With a senior class of over 800 students, we are looking to get 200 seniors to donate to the campaign," said Crowe. "While we have surpassed our dollar goal, we are still working toward the participation goal of 200 seniors."

Another significant part of campaigning is raising awareness.

"We have sent out blast e-mails about the Forever Pioneers. We have also had tables outside of Flik getting seniors to donate to the campaign during peak hours of lunch time," Crowe said.

In addition to their weekly meeting, the committee is also devoted to developing plans to get seniors to donate.

"As an incentive, seniors are entered into a drawing for a free senior week, free admission to our first annual alumni weekend in September 2012, and all of those who donate can attend Campus Donor Day in May and eat pizza from the Big Green Pizza Truck," said Angelucci.

In Cordero's message to seniors, she added, if you make your donation before March 1, you get your name listed on a special recognition page in the Commencement Program.

"Although we will all be graduating in a few short months, no matter where our lives take us, we will always be part of Sacred Heart University, hence forever a pioneer," said Angelucci.

Angelucci wishes to return to Sacred Heart as an alumna and be proud to call it her alma mater.

"Sacred Heart has left a mark on me and by donating and being a part of the process that is involved with the Senior Gift Campaign, I can leave my mark and continue to help Sacred Heart grow," she said.



The Spectrum/Casey Rothenberg

The logo for the class of 2012's senior gift campaign urges students to be "Forever Pioneers."

SCOREBOARD

Friday, February 17

M. Volleyball
SHU - 0
St. Francis (PA) - 3

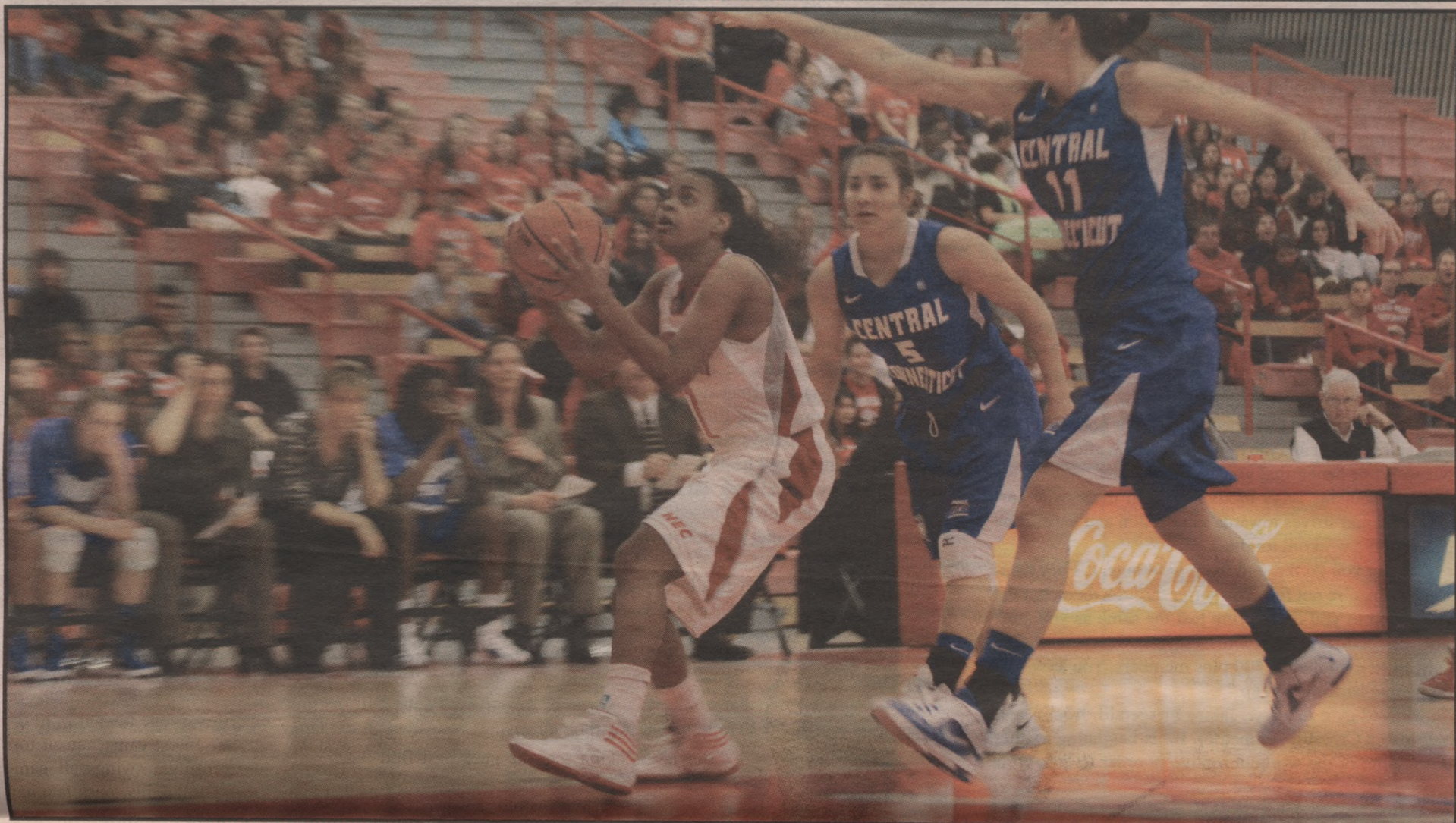
Saturday, February 18

M. Lacrosse
SHU - 9
Hofstra - 11

W. Ice Hockey
SHU-3
Postdam St. - 5

W. Basketball
SHU - 57
St. Francis (PA) - 53

M. Ice Hockey
SHU- 2
Holy Cross - 3



Sophomore Ericka Norman (#1) drives to the hoop for a score after beating two Central defenders.

The Spectrum/Sean Elliott

NORMAN'S 19 ENOUGH TO DOWN THE TERRIERS

Advance to 20-7 after three games this past week

Raymond Morrissey
Staff Reporter

The Sacred Heart University women's basketball team picked up two more conference wins, including their 20th win overall this past week.

It started this Wednesday against Bryant defeating the Bulldogs 74-67.

Following the big win, the Pioneers defeated St. Francis (NY) 57-53 Saturday afternoon.

Against Bryant, the Pioneers came out strong playing tough defense, giving them a quick nine-point lead within the first five minutes.

The lead slowly diminished as Bryant came within two points, at 16-14.

Sacred Heart quickly put an end to the Bryant run as they were able to enter the locker room up 43-28.

The Pioneers kept their momentum going in the second half, going ahead by 20 points at one point.

Gabrielle Washington, was a main component, scoring 10 of the Pioneers first 14 points of the second half.

Bryant would not go down easy though as they slowly narrowed the gap, chipping away at the Pioneers lead.

Fighting until the end Bryant scored 11 points in the last minute giving the Pioneers the win only by seven points.

The women's basketball team ended up having four players reach double-figures in points.

Washington led the way with 27 points. Senior sensation Callan Taylor added 17.

Morgan Merriman and Ericka Norman both added 11 points each.

The distribution of points was key in the Pioneers win.

"We had a lot of players score against Bryant, which always helps your chances of winning when you can spread the scoring around among more than one or two

players," said Taylor. "We made some important shots down the stretch and some players came up with big plays that were pivotal to our success."

Against St. Francis (NY), the Pioneers earned another win, keeping them at the top of the NEC standings.

Norman had the hot hand this game, finishing with 19 points.

The first half was a tight one. Without gaining significant leads, the Pioneers allowed St. Francis to tie the score multiple times.

The Pioneers entered the locker room leading 23-21.

The second half proved to be just as intense as the first half.

Although the Pioneers added a quick six points at the start of the half, the Terriers quickly came back to tie the game at 36 points.

The Terriers held their last lead with five minutes left in the game as the Pioneers came back to walk away with the close win by defeating St. Francis (NY) by only four points.

The Pioneer defense caused 11 turnovers, putting an additional 15 points on the board sealing the success for the women.

Their intense defense helped the Pioneers overcome a poor shooting performance as they only shot 33 percent from the field.

"We just need to stay focused on winning one game at a time, and not looking ahead," said Taylor.

The Pioneers took to the road for their third straight game Monday night taking on Long Island University in Brooklyn, N.Y.

The Blackbirds defeated the Pioneers by a score of 74-68.

Long Island jumped out to a 41-36 lead and never looked back.

Both teams shot 48.3 percent from the field, but it was rebounding that killed the Pioneers. They were out-rebounded 36-28 in the game.

Taylor led the way for Sacred Heart scoring a game-

high 29 points. She also added nine rebounds.

Sophomore Blair Koniszewski contributed 15 points in the loss.

Those were the only Pioneers to reach double-figures.

Sacred Heart only got to the free throw line eight times, compared to the Blackbirds' 17.

The Pioneers return to the court Saturday afternoon when they host Saint Francis (PA) in a 3:00 p.m. matchup. The game will be televised lived on Fox College Sports and ESPN3.



The Spectrum/Sean Elliott

Senior Callan Taylor (#20) goes up for a contested bucket.

GAME OF THE WEEK

Sacred Heart Men's Lacrosse

vs.

Marist

Sunday, Feb. 26 @ 1:00 p.m. Campus Field



PIONEERS FALL TO HOLY CROSS IN TWO GAME SERIES

Emily Pepe
Contributing Writer

The Sacred Heart University men's hockey team went 0 for 2 in their weekend series against Holy Cross.

Last Friday night the Pioneers traveled to Worcester, Mass. to play against the Holy Cross Crusaders, only to lose 6-1 in their first game in the series.

"The first time we played Holy Cross we did not know what to expect out of their team but we did know they were a fast team that worked really hard," said junior goaltender Steven Legatto.

At 17:41 in the first period the Crusaders got their first goal on the power play from Brandon Nunn.

The Pioneers held the Crusaders off for the rest of the first period.

In the second period, Sacred Heart tied up the game with a power play goal of their own, when freshman Brian Sheehan found junior Reid MacLeod, who sent the puck past the Holy Cross goalie tying the game at one.

After the Pioneer goal, the Crusaders went on to score four unanswered goals by four different players -- Rob Linsmayer, Adam Schmidt, Erik Vos, and Kyle Fletcher.

"They came out flying that first time and we did not play our best so it resulted in a loss," said Legatto.

Holy Cross tallied their last goal in the third period by Jay Silivia.

"We kind of got away from our systems and how we have been playing the last little bit and didn't end up getting the result we were looking for," said freshman

Drew George.

The Pioneers looked to take the second game against Holy Cross on Saturday as they hosted the Crusaders, at Webster Bank.

"We knew we had more to give and that we could beat Holy Cross. So our goal was to win at home, especially our last game at Webster Bank arena," said Legatto. "We knew we had to play better along the walls and we did that in the second game."

The Pioneers struck early when sophomore Torin Snyder found a streaking junior Ben Ketchum up ice sending the puck in the back of the net just 2:10 into the first period.

That would be the only scoring in the first, as the Pioneers defense held the Crusaders to no goals.

Freshman goalkeeper Andrew Bodnarchuk held the Crusaders scoreless in the first period.

Bodnarchuk made a total of 41 saves in the game.

"It was a huge game for Bods. He kept us in that game making big save after big save and giving us a chance to win," said George.

Just 49 seconds into the second period, the Crusaders tied the game when Shayne Stockton sent the puck past Bodnarchuk.

The Pioneers would answer back when senior Matt Gingera found George who scored his 12th goal of the season, giving the Pioneers the lead once again.

But Holy Cross came right back when Kyle Fletcher scored tying at two all going into the third period.

"We had a great mindset going into the third. We have been in a position similar or close to that in quite a bit of our last



The Spectrum/Sean Elliott

Freshman forward Brian Sheehan (#22) takes a shot on goal against Holy Cross.

couple of games here so we were a pretty confident bunch going into the period," said George.

At 14:56 the Crusaders were able to gain their first lead of the game, when Fletcher found Andrew Cox making it a one point game at 3-2.

The Pioneers had an opportunity to tie the game again but Gingera's shot just missed hitting the pipe.

"We played much better, especially on Saturday night. Everyone bought in to the systems and we almost came out on top. There were momentum swings all game but Holy Cross got the final push late and we couldn't come back," said George. "It's definitely a game we can build on and take things from as we move forward to Army next week and then on into the playoffs."

The Crusaders took the 3-2 win and the weekend series.

The Pioneers will host Army for their senior night on Friday at 7 p.m. at Milford Ice Pavilion.



The Spectrum/Sean Elliott

Freshman forward Drew George (#25) gets set to take a draw in last weekend's game.

PIONEERS FALL SHORT IN SEASON OPENER

Annemaie A'hearn
Staff Writer

In a back-and-forth shootout in Hempsted, N.Y., the Pioneers men's lacrosse faced off against the No. 14 Hofstra Pride as they fell short in their season opener, 11-9.

Pioneer sophomore Tom Sardelli led the team with two goals while sophomore Cody Marquis had one goal and two assists. Goalie Zach Frank had 11 saves in the game.

Sacred Heart University stayed competitive with Hofstra University for the majority of the game, outshooting the Pride 33-30. However, they lost their spark in the fourth quarter and were unable to mount a comeback.

"It was an intense back and forth game but we did not give up at all even when we were down," said junior Steve Kontos. "A lot of people really stepped it up for the team and made some really good plays."

The game was off to a quick start when Hofstra won the faceoff and scored seven seconds into the game. Sardelli quickly returned the favor with a shot on the run to draw the score even at one.

Hofstra scored two more goals before seniors Matt Ferrino and Billy Skelos closed the gap with their goals, tying the Pride 3-3 before the second quarter.

Senior Aaron Lupo started the second quarter by scoring unchallenged in the front of the net. This gave the Pioneers the lead for the first time in the game, putting Sacred Heart ahead 4-3.

The Pride quickly returned, scoring two goals of their own.

"We responded well after they got an early goal. We traded goals throughout the first half," said junior Patrick

Fletcher.

As the second quarter was coming to an end, sophomore Andrew Newbold quickly came down the field and scored from 15 yards outside of the net to tie the game up 5-5.

As the third period began, Hofstra scored back-to-back goals putting the Pride up 7-5.

Sardelli scored his second goal of the day for the Pioneers with a side arm shot closing the score in 7-6.

Hofstra then took command of the game at the end of the quarter by scoring two more goals and widening the gap to 9-6.

As the fourth period began, it seemed as if Hofstra would run away with the but the Pioneers fought back to keep the score within reach.

Marquis scored by picking up a loose ball in front of the net.

Junior Shane Foley followed closely behind with a shot on the run to the top left corner of the net. This made the score 9-8 with Hofstra trying to hold onto their lead.

"We were [tied] 5-5 at halftime and in the third, we came out strong and put a couple unanswered goals up," said Fletcher.

The Pride continued to keep it a tight game as they answered with a goal, increasing their lead, 10-8.

Pioneers sophomore Mike Mawdsley scored from a quick pass from Marquis to close the deficit to 10-9. Hofstra then scored once more and was able to hold off Sacred Heart and maintain the lead until the end of the game for the final score of 11-9 against the Pioneers.

"We missed a couple opportunities that could have easily changed the outcome in the game, but we will build on that for next week when we play our rival, Marist Col-

lege," said Fletcher.

The Pioneers kept Hofstra on their toes throughout the game and proved that they have the heart to have a successful season.

"This weekend we will be a good contest playing against Marist who we beat in overtime last year," said Kontos.

The Pioneers will face rival Marist at home Sunday, Feb. 26 at 1 p.m.



The Spectrum/Zack Lane

Senior mid fielder Chris Casey (#9) takes ball down the field in a game last season.

SACRED HEART WEIGHS IN ON PEYTON MANNING'S POTENTIAL COMEBACK

Dana Maltese
Staff Reporter

Following a 10-6 season in which the Indianapolis Colts were knocked out of the playoffs in the first round, the Colt's had high expectations for the 2011 NFL Season.

They placed the franchise tag on their all-pro quarterback Peyton Manning, offering him a 5-year \$90 million contract that he modestly signed.

Following a surgery to repair a bulging disk, a half of a dozen doctors recommended Manning get a one-level cervical neck fusion, according to ESPN. Manning was unable to play for the season opener. He would spend the rest of the season on the bench trying to recover from the surgery.

It's been widely reported that he's undergone more than three neck surgeries in the past 19 months. The 35-year-old veteran has been medically cleared to play football again after sitting out for an entire season in which his Colts managed to win only two of their 16 games without him.

Many question whether or not the 11 time pro-bowler and Superbowl XLI MVP should return for another season.

"I believe that if cleared by his physicians, and he is able to compete to the level that he did before the injury, it is his right to do so," said Sacred Heart football trainer, Ben Batchelder.

Batchelder isn't alone in supporting Manning's return.

"The best thing we can do is inform [athletes] on all the pros and cons of returning to play to help them make their decision," Shannon Bonini, women's basket-

ball trainer at Sacred Heart. "It's important that an athlete understands all of the possible ramifications from returning to play after such a serious injury."

Some students mentioned how key Manning's presence on the Colts is to winning.

"His absence on the Colts really showed how valuable he is because their team this year featured the main pieces from last year, yet they were the worst team in the NFL," said sophomore Vinny Cotto. "If his neck heals properly, he can still compete at a high level with the best of the NFL quarterbacks."

At the age of 35, Manning's return could potentially cause injuries that will affect him long after he is done with football.

"What I try and do is encourage my student athletes to think less about the here and now, and more about their futures," said Bonini.

Bonini works predominately with knee injuries. She understands that recuperating from any injury is a process.

"I ask them to think about the things they want out of life five, 10, 15 years down the road," said Bonini. "Since I deal with mostly female athlete's, the big question I ask is: Do you want to have children? Do you want to be able to pick your daughter up to comfort her when she falls down? Do you want to be able to kneel down and teach your son how to tie his shoes?"

Senior Carl Lia agrees that Manning's future after football should be his main focus when making his decision.

"There are many things outside of football. To jeopardize not only your career, but your life, for a game would not be in the best interest for him or the team,"



Peyton Manning congratulates Aaron Rodgers on his MVP award.

AP Photo

said Lia.

Other student athletes brought up issues of what team Manning will be scoring touchdowns with.

"I think Peyton Manning needs to find out what the situation is with regards to him still being signed to the Colts," said senior wide receiver Rock Tate. "He's a legend in the Colts uniform and seeing him play anywhere else would be tarnishing a career of gold much like Michael Jordan did with the Wizards or Jerry Rice with the Raiders."

It is clear Manning has a life changing decision to make. Bonini believes he should do whatever makes him happy.

"Did he want to finish out the season, or his career as an athlete and risk the chance to do what makes him happy later in life? This goes back to letting [athletes]

know the possible negative outcomes from returning to play after injuries of this nature," said Bonini.

Bonini questioned Manning's worth as a quarterback after such an injury.

"Are they going to help or hurt their team?" she said. "Everyone wants to win; that's why you keep score. If you're not 100 percent healthy, even if your 75 percent of your best, you can still help your team, you can still produce on the field, but is there someone that could do it better?"

Many students believe that regardless of his decision, he will be known as one of the all-time greats.

"I feel Peyton is a hall of fame quarterback whether he decides to retire or not," said Lia. "There are very few guys you can mention that played the position as well or as efficient as Peyton played it."

THIS DAY IN AFRICAN AMERICAN SPORTS HISTORY

Blake Campbell
Sports Editor

Today marks the 62nd birthday of ABA/NBA legend Julius "Dr. J" Erving. Born this day in 1950, Erving is known for changing the way the game of basketball was played.

He is also known for transcending the role of "athlete" and becoming an ambassador for the game of basketball.

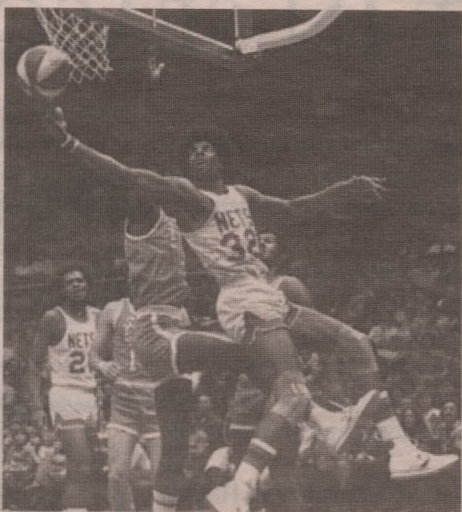
"As a basketball player, Julius was the first to truly take the torch and become the spokesman for the NBA," said former coach Billy Cunningham on Erving's NBA Biography. "He understood what his role was and how important it was for him to conduct himself as a representative of the league

Erving changed the game of basketball by doing things previously unheard of on the basketball court. He was the originator of the free throw line dunk made famous by Michael Jordan 12 years later.

Erving originated in Roosevelt, N.Y. where he played his high school basketball. Upon graduation, he enrolled at University of Massachusetts in 1968.

Erving averaged 26.3 points and 20.2 rebounds per game over the two years of varsity basketball he played here. He left UMass in 1971 as an undergraduate to sign to the ABA's Virginia Squires.

Erving went on to win two ABA Championships and an NBA Championship with the Philadelphia 76ers following the merger. He was an 11 time NBA All-Star



AP Photo

Julius "Dr. J" Erving stretches along the baseline for the lay-up.

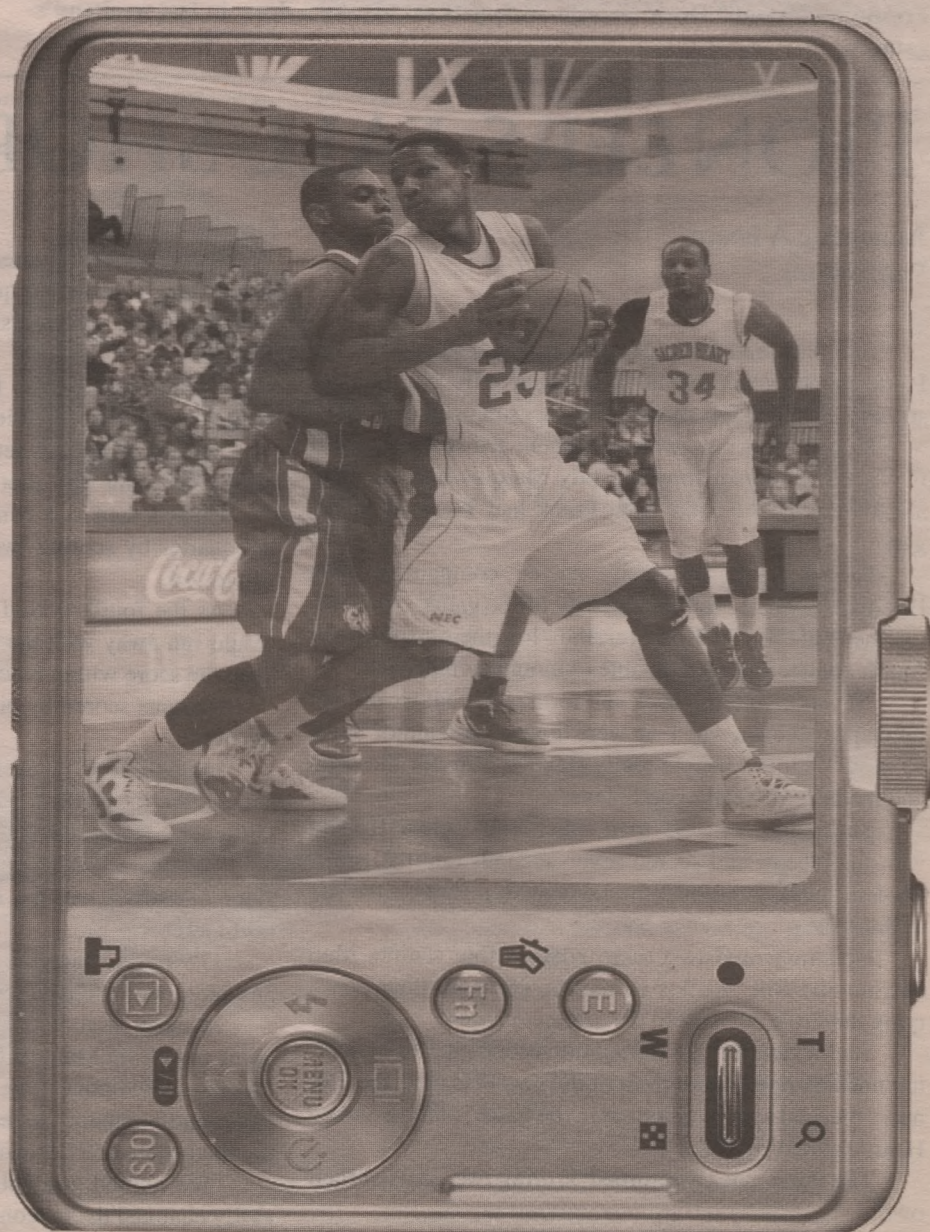
and he was named first team All-NBA five times.

He's the only player to win MVP of both the ABA and NBA. His #6 jersey was retired by the 76ers and his #32 jersey by the New Jersey Nets.

Since retirement, Erving has reinvented himself. He is a business man with ownership of a Coca-Cola bottling plant in Philadelphia, as well as several cable television stations in New York and New Jersey.

He's also an in-studio analyst for NBC. In 1997, he joined the Orlando Magic's front office staff as vice president of RDV Sports and Executive President of the Magic.

PHOTO OF THE WEEK



The Spectrum/Sean Elliott

SACRED HEART WELL-REPRESENTED AT SUPER BOWL

Dan Otzel
Asst. Sports Editor

With the final five seconds of Super Bowl XLVI radiating from the clocks at Lucas Oil Stadium in Indianapolis, New England Patriots quarterback Tom Brady stood at his own 39-yard line in the shotgun formation.

Brady received the snap from his center, Dan Connolly, dropped back and let one of sport's most exciting and anxiety-ridden plays, ambitiously deemed the Hail Mary, fly -- as he looked to answer New York Giants running back Ahmad Bradshaw's touchdown run the previous series and avenge a Super Bowl loss to the Giants four years earlier.

As history spiraled through the temperature-controlled air and into the navy blue area 10 yards long by 53 1/3 yards wide, with "Patriots" scripted in white, New York safety Kenny Phillips leaped into the February night knocking down the pass.

The ball fell to the ground, tantalizingly out of the reach of New England tight end Rob Gronkowski's outstretched arms and trickled out of the back of the end zone, coming to rest in front of Sacred Heart University communications and media studies (CMS) adjunct professor Brian Thorne.

"Surreal," said Thorne. "No matter how many times you've been there, when the game starts it's like fantasy. Surreal would be the only word I can come up with."

Thorne has been there, to the Super Bowl, five years in a row now.

Thorne is with the NFL Films Core Group, the hands of the NFL engineering department, whose primary focus is engineering the NFL Network's world feed, broadcast in well over 200 countries.

The world feed, a different broadcast than the domestic feed seen in the United States -- which rotates every three years between NBC, CBS, and FOX -- is seen in larger countries like Japan, Germany, and Mexico. Smaller countries buy the NFL Network feed.

Engineering connects the cameras in the stadium to each specific satellite truck outside the stadium in the broadcast compound with military fiber optic cable. They



Photo Courtesy of Brian Thorne

SHU interns are hard at work at Superbowl XLVI.

also interconnect each truck and wire all the broadcast booths that house commentators.

Thorne wasn't the only member of the Sacred Heart community helping the Core Group broadcast to an estimated worldwide audience of 150 million viewers, though.

As he watched Phillips secure a 21-17 New York victory from behind the end zone, up in a private booth sat the three students selected by the CMS department to join Thorne in Indianapolis as interns: seniors Caroline Campo, Brittany Foy, and Maile Hetherington.

"It was incredible," said Hetherington. "It was a really awesome experience because of how big of an event it was and how great it was that we got to meet so many different people."

To be selected, Hetherington and the other applicants had to submit a brief essay on why they would like to go and why they would be a good intern. Additional criteria that factored into the selection process were GPA, production experience, and seniority.

However, before the application process could come to fruition, Thorne had to get approval from his boss, Tim Farrell, production coordinator for NFL Films.

"Tim is the one directly responsible for getting [the interns] there," said Thorne. "Without him, this doesn't happen for Sacred Heart. He arranges their room and he's the one that gets them credentials, and that's the hardest part. They had a credential that could get them in the locker rooms and on the field. For an internship, they had great access to everything and Tim Farrell is the one responsible. The cool thing is they're the only three interns in the entire broadcast compound."

As interns, they acted as production assistants, assisting in utility work and pre-production cabling for the cameras prior to game day.

When they had free time, Thorne would show them around the stadium and the compound to learn specific jobs.

"You just get to talk to people and learn what they do," said Hetherington. "There are just so many different jobs out there."

For Hetherington, those different jobs yielded unique opportunities.

"I got to work as a production assistant for Showtime's 'Inside the NFL,'" said Hetherington. "And I got to go to Ron Jaworski's cigar party ... and do a cooking show. I'm really grateful for the experience. I want to work in that field and every opportunity I had, I grabbed a business card from somebody. For me, networking was the best thing."

Campo, too, had her share of special moments.

"[Sacred Heart CMS adjunct instructor] Paul Pabst, producer of 'The Dan Patrick Show,' was generous enough to show us around the set and get behind the scenes of what really goes down for a radio show that is also broadcast on television," said Campo. "We also were lucky enough to get behind the camera on the field level during a high school practice game."

But, when practice was over, high school and pro, the

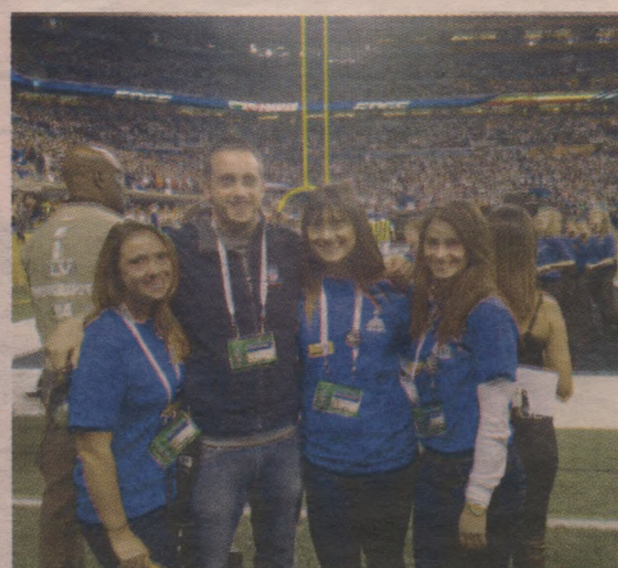


Photo Courtesy of Brian Thorne

Adjunct professor Brian Thorne poses with the three Sacred Heart interns.

world's spotlight was turned to the field where 22 warriors who earn their living on the unforgiving gridiron would meet to do battle for the Vince Lombardi trophy.

On that same day, on that same field, the three interns took in all of the pregame pageantry before retiring to their booth to watch the game.

On game day, their duties were to make sure there were no technical problems or emergencies. Since the broadcast ran smoothly, they were able to enjoy the game.

After Giants quarterback Eli Manning was awarded the Super Bowl MVP and the last of the confetti floated down from the rafters, the pageantry faded and the veracity of the NFL Films Core Group's remaining time in Indianapolis set in.

"They got the glamour of Sunday and then the reality of Monday," said Thorne. "Every broadcast truck is trying to get out of there. Every trailer looks like it's been through a tornado. It's the other side [of the job], which is picking up cables, tying cables, getting your hands real nasty and going into the dark corners of the stadium cleaning up trash."

Even that was not lost on the interns.

"I gained a lot of perspective and knowledge about working in the industry," said Foy. "It's stunning to see how every person there contributes a piece of the puzzle that goes into creating the Super Bowl experience nationwide. The Super Bowl was an amazing experience."

So, what's the boss' overall evaluation?

"The girls did a great job this year," said Thorne.

And, although the Super Bowl's bright lights remain dark until 2013, the experience will forever shine for Campo, Hetherington, and Foy.

"I can definitely say this was a trip I'll never forget," said Campo. "The opportunities that NFL Films, Brian Thorne, and Paul Pabst gave us were unimaginable. Being a part of the NFL Core Group felt like a fantasy we were living."

LINSANITY TAKES OVER SPORTS WORLD

Dan Otzel
Asst. Sports Editor

With his team underachieving at 9-15, in large part due to erratic point guard play, New York Knickerbockers head coach Mike D'Antoni searched his team for solutions.

He found one -- just Lin time.

That night, Feb. 6, D'Antoni didn't pencil in the normal starting lineup.

He was starting a new point guard -- a L-ingenuous decision.

At the point was Jeremy Lin, the unlikely hero from New York's previous game, who had come off the bench to lead the Knicks to a come-from-behind victory against the New Jersey Nets.

Now, under the bright lights of Manhattan and on the storied floor of Madison Square Garden, Lin was making the first start of his short NBA career. He ended up dropping 28 points en route to defeating the Utah Jazz. He followed that performance with a 23 point, 10 assist game at the Washington Wizards.

Lin-conceivable.

The Linderella story had gripped New York. Two nights later, it expanded west when Lin disposed of the Los Angeles Lakers and outdueled Kobe Bryant.

Bryant scored a team-high 34 points -- but Lin scored a career-high 38, giving the Knicks their fourth win in a

row.

Linning streak.

Lin, with 20 points, and New York would squeeze by the Minnesota Timberwolves the next night, setting the stage, three nights later, for Lin's signature moment.

So far.

With two seconds left in a tie game, Lin drilled a three over Toronto Raptor guard Jose Calderon, giving the Knicks a dramatic victory and six in a row.

Lin-credible.

In just over a week, Lin had become the biggest name in sport and one of the biggest and most unique stories in the news.

The 23 year old Lin was born in Los Angeles to Taiwanese immigrants and was recruited by Harvard to play ball, where he excelled on and off the court.

The Golden State Warriors signed Lin as an undrafted free agent in 2010 and he appeared in 29 games for them, averaging 2.6 ppg. He was the first player of Taiwanese descent to ever play in the NBA and the first Ivy League player to play in the league since 2003.

Lin would guide the Knicks seven straight wins with a double-double against the Sacramento Kings, before losing his first game as a starter against the New Orleans Hornets.

Lin recovered the next game, setting a career-high in assists with a win over the defending champion Dallas Mavericks.

This underdog story continues to command the attention of not only Knick fans, but of the world. Lin's jersey sales have easily passed Derrick Rose of the Chicago Bulls and it's even been rumored he is dating Kim Kardashian. And, there's only one word for it...



AP Photo

Jeremy Lin looks to make a pass in a recent game against Dallas.

Sports

The Spectrum

www.sacredheartspectrum.com

Pioneers reach 20 wins for first time since 2009



The Pioneers registered 20 wins for the first time since 2009 with two more games to play before the NEC Tournament begins.

The Spectrum/Jeff Daley